

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

MARCH 2010

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Carole Quarrington

TELEPHONE NUMBER
(860) 870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION
(860) 870 – 3137

Van Drivers: Peggy Anderson, Mike Joslin
& Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

Happy Spring!!! The month of March brings "Celtic Night" to the Ellington Senior Center. Dot Carney and our Musical Insights program are sponsoring Celtic Night on Monday, March 8, 2010 (6pm). The Senior Center's St. Patrick's luncheon is being held on Tuesday, March 16, 2010 (12:00pm). Make sure to sign up for both of these events, as space is limited.

As you will see, the Senior Center is hosting many activities during the month of March. If you are coming for the first time, it would be my pleasure to speak/meet with you to discuss the many programs/activities we offer. Take a look at the upcoming fundraising events: Mark your calendar. Let me know if you are interested in volunteering your help. Our volunteers are what make this Senior Center so successful!

- April 17, 2010 – "Spaghetti Super" at the Ellington Congregational Church
- May 8, 2010 – "Fair on the Green" The Ellington Senior Center will be sponsoring a "booth"
- May 16, 2010 – "Fashion Show" at the Ellington Senior Center. Come see the "new" spring line of clothes being offered by Dress Barn.
- October, 2010 - "Wine Tasting" Cassidy Hill Vineyard, located in Coventry, CT.

Erin

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131**

Homeowners & Additional Veteran's Tax credit applications are now being accepted by the Town of Ellington Tax Assessor's office. If you have questions about eligibility for this program please call the Assessor's office at 860-870-3109. If you need help completing your forms please call Anna Turner at 860-870-3131. Application deadline is May 14, 2010.

March is...

1. **National Nutrition Month** sponsored annually by the American Dietetic Association to focus attention on the importance of making informed food choices and developing sound eating & physical activity habits. For more details go to www.eatright.org
2. **National Colorectal Cancer Awareness Month**. This cancer can be prevented by removing polyps before they become cancerous or detecting early when can be more easily removed & successfully treated. For more info go to www.preventcancer.org
3. **Save your Vision Month: Healthy Eyes at the Computer**. Eye and vision problems are the most frequently reported health care problems among computer users. Computer vision syndrome is defined as "the complex of eye & vision problems related to near work that are experienced during or related to computer use." Go to www.aoa.org/x5072 for more details.

TRIAD SENIOR SAFETY PROGRAMS

March 23, 2010--**Positive Energy—A "Supply Only" Company for Electricity**— (2pm) at the Ellington Senior Center with Alison Hyjack from Positive Energy. Positive Energy is not a utility company but a supplier of electricity. Customers might save up to 20% on their electric bill. Join us to learn if this is a good option for you. Bring your current electric bill so that you can understand the billing process as Alison does the presentation. Call Anna Turner at 860-870-3131 by March 19 to register to attend this program. Refreshments served.

American Parkinson Disease Association Support Group meets at the Ellington Senior Center the 3rd Friday of every month at (10am). Please join us for support, conversation, education & refreshments! For more information call Anna Turner at 860-870-3131

Fall Prevention—Why every step counts- March 9th at (2pm) at the Ellington Senior Center with Karri Redinger/Occupational Therapist from Woodlake at Tolland. Healthy, helpful, useful fall prevention information will be shared with us by Karri. Refreshments served. Call Anna Turner at 860-870-3131 to register to attend by March 5.

Ellington Senior Center
Transportation Department

Due to an increase in EMAT appointments, Peggy and Mike inform transportation to (Big Y/Walmart – E. Windsor) will now be changed to the last Wednesday of the month.



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

(EMAT's) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging.

Please note: EMATS are offered Monday – Friday between the hours of 9:00 am – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. *\$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation “packet” by calling the Transportation Line at 860-870 – 3137 between the hours of 9:00 am – 1:00 p.m. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*** * \$25.00 is suggested as an annual donation for transportation.

ELLINGTON SENIOR CENTER NEWS

Note: *Out To Lunch* will now on be held the first Tuesday of the month at (1pm.) This is its new time.

BALLROOM & POLKA SOCIAL – Ballroom is taught on Fridays at (1:00pm); Polka follows at (2:30pm). Come join Amelia and Adam!

BETTER AGE CLUB - Held the 2nd and 4th Thursdays of the month at (1pm)

March 11, 2010 Business Meeting. State Representative, Ted Graziani

March 25, 2010 Business Meeting. Presentation by Tim Gottier – History of the Shenipsit

****The President of the Better Age Group, Carolyn Cook, is requesting, at the first Business Meeting of the month, all members to bring in a non perishable item for the Ellington Food Bank***

BOOK CLUB – The Ellington Senior Center welcomes back “Book Club”. If you have a love for reading or always wanted to be a better reader, come to the Senior Center on Tuesday, March 2nd at (2pm). Carole Quarrington will be leading this month’s group.

CARDS AND GAMES:

Bridge: Tuesdays @ 9:00am. See Pat Szemplinski or Rosemary Malatesta

Canasta – “King’s Row”: Join Barbara Donohue and friends Thursday’s at 1:00pm.

Dominos: First Tuesday of the month at 1:00pm.; come join the fun!

Evening Cards: (Setback): Tuesdays and Saturdays at 7:00pm. See Bob Karlowicz or Carl Larson

Mahjongg: Every Friday at 10:00am See Barbara Donahue

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30p.m. – 3:00p.m. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00a.m. – 10:00a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00a.m. *Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, March 3, 2010.

* **Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30a.m. – 11:30a.m. (beginner's class); and 11:30a.m. – 12:30pm (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

ELLINGTON SINGERS – Ellington Singers meet every Wednesday at 10:15am at the Senior Center. Our singers are practicing for their "*Spring Musicale*" to be held on Thursday, April 22, 2010 (1pm) at the Ellington High School Auditorium.

MAMMOGRAMS - For women who are thinking of scheduling a mammogram, at an ECHN facility, within the March time frame, Kathleen Porter, Breast Care Coordinator of Eastern Connecticut Health Network in conjunction with the Town of Ellington is offering "Free" rides to an ECHN facility on 3/10/10. Van transportation is offered to all Town of Ellington residents who may require a ride. Call the Senior Center to secure your ride at (860)870-3133. Contact Anna Turner to register (860)870-3131.

MEMORIES & CREATIVE WRITING – The Memory & Creative Writing group meets monthly every 3rd Thursday of the month from 1:00am – 2:30pm at the Ellington Senior Center. The purpose of this group is to share orally or in written form the groups past, present, or ongoing experiences. If you have a love of writing or just want to share your thoughts on paper. Come join us!

MUSICAL INSIGHTS: Musical Insights meets the 2nd and 4th Monday evening of the month. Musical Insights is held from 6:00pm – 8:00pm at the Ellington Senior Center. A different program is introduced at each meeting. Much time and planning are put into each program which is why this is such a strong/successful group.

MOVIE TIME: Is returning to the Ellington Senior Center the last Tuesday of the month at (2pm). Barbara Donohue and Ilene Harmon have graciously agreed to head this activity. Come and view movies in the comfort of the Senior Center and friends! March's movie is "Seven Brides for Seven Brothers", featuring Jane Powell & Howard Keel.

OUT TO LUNCH: "Out To Lunch" is held the **first Tuesday of the month at 1:00pm**. Come join us as we frequent local restaurants in the area. Sign-up is required. Transportation is available.

March: Stone & Paddle Restaurant, Vernon, CT. **Date for March is 3/2/10**

April: Cracker Barrel Restaurant, East Windsor, CT

MARCH PROGRAMS: All programs require a sign-up. Call the Senior Center at 860-870-3133

"Celebration of Life" – Thursday, March 4, 2010 (2pm). Sponsored by Visiting Nurse & Health Services of Connecticut, Inc. Presentation by Ladd-Turkington & Carmon Funeral Home.

Fall Prevention in Home – Tuesday, March 9, 2010 (2pm). Why every step counts. Presentation by Karri Redinger, Occupational Therapist, Woodlake – Tolland. Helpful, and useful information will be shared.

Positive Energy A "Supply Only" Company For Electricity – Tuesday, March 23, 2010 (2pm). Positive energy is not a utility company but a supplier of electricity. Customers might save up to 20% on their electric bills. Bring your current electric bill so you can understand the billing process.

Parkinson Support Group – Meets at the Ellington Senior Center the 3rd Friday of every month at (10am). Join us for support, conversation, education and refreshments! For more information contact Anna Turner at (860)870-3131.

SEW & SO/CRAFTS: Meet every Thursday morning at (9:30am) in the main room of the Senior Center.

SHUFFLEBOARD: Every Wednesday at (2pm). Shuffleboard is played in the main room of the Senior Center. This is a very active and fun group of people. We love to hear the laughter coming from this group. Van service is available.

TAX PREPARATION PROGRAM: The 2010 Tax Preparation Program is being held at the Town of Ellington Human Services Department (Arbor Park). Appointments are scheduled for Wednesdays, until Wednesday, April 14th. Appointment times are 9:00am – 12:00pm. A sign-up sheet is available at the Ellington Senior Center. Please call (860)870-3133 to secure your appointment.

TRIPS – Our trip events will be back shortly. Until then, come down to the Ellington Senior Center and enjoy many of the programs and activities offered.

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

AMERICAN LEGION – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287

VETERAN'S AFFAIRS – State Representative – Ted C. Graziani at 240-8531

HOUSEKEEPING REMINDERS:

1. When using the dishwasher, please remove all the clean dishes before putting dirty dishes in
2. Please remember to fully clean all coffee pots after using them
3. When putting silverware and dishes away in the kitchen, please put only clean ones back in the cupboard and drawers.
4. Please remember to keep only fresh items in the refrigerator. Remove old item from freezer and refrigerator

